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High 28°C/Low 19°C Chance of rain

The City of Ottawa is putting a spotlight on its decade-old sign bylaw. For more on the new billboard and digital sign rules

DESIGN BY ANDRES PLANA/METRO

Daycare has its day

RENT FREEZE

Tunney's to remain open in StatsCan building

Haley Ritchie
Metro | Ottawa

The federal government has agreed to a rent freeze for an Ottawa daycare housed inside the Statistics Canada building at Tunney's Pasture.

Bilingual Garderie Tunney's Daycare was worried in May that closure was inevitable after the federal government increased its rent from $82,000 a year to $150,000.

In March the daycare received a final notice from Public Service and Procurement Minister Judy Foote that three months would be provided to allow notice of closure to be given to parents.

A few days before the July 1 deadline the board of directors was told an unnamed federal department had agreed to help subsidize the rent increase until March 2019.

"It's a relief, we're pretty happy," said Olivier Marois, president of the daycare's board of directors.

Other daycares in federal buildings have not been so lucky since the Treasury Board ended daycare subsidies in 2013. The Tupper Tots daycare, formerly located in the Sir Charles Tupper Building, declared bankruptcy after facing similar rent increases.

The non-profit daycare was originally started almost 30 years ago, and serves mostly public servants with some subsidized spots for low-income families. It currently has 49 children enrolled and employs 15 full-time and three part-time employees.

Public Service and Procurement Canada did not respond to a request for comment.

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Your essential daily news

Family grieves loss as feds open probe into police killing of black man. **World**

OC Transpo trying to keep defence workers on board

COMMUTE

City transit making plans for DND office migration

Emma Jackson
Metro | Ottawa

OC Transpo is gearing up to keep as many National Defence employees as possible as the great Nortel campus migration finally begins.

Beginning in September, about 3,400 National Defence employees will begin their move from offices across the region to the campus at 3500 Carling Avenue. The rest of the 8,500 employees will have arrived by 2019.

For Ottawa's transit planners, this poses a challenge. Many defence employees currently live in Orleans, according to OC Transpo's systems planning manager Pat Scrimgeour. Consolidating them in the west end likely means more transit headaches.

"We all recognize it's a longer trip for many people and some people may choose to get there other ways," Scrimgeour said.

To combat a potential transit exodus, OC Transpo staff have been "feeding information" to National Defence about planned transit tweaks so employees can plan ahead for their new commute.

That includes permanently extending Route 103, which starts in Orleans, directly to a new bus stop on campus come September. Peak hour, peak direction route 101 trips from St-Laurent station will also be extended.

And route 182, which currently leaves from Lincoln Fields and heads west through Nepean and Kanata, will start at Tunney's Pasture instead to make connections easier this fall.

Defence spokesman Daniel Le Bouthillier said his department is working closely with OC Transpo and Gatineau's STO to "ensure a smooth transition."

Staff are also developing a transportation demand management plan that "will emphasize the use of public transit," he added.

Scrimgeour said OC Transpo's doing everything it can to ease the pain for customers, and will continue to tweak routes as demand patterns change.

"I hope they'll stay," he said.

Future headquarters of Department of National Defence in Kanata. THE CANADIAN PRESS

Hub with a History

The shift to Nortel's former headquarters in Nepean has been in the works since 2010.

The federal government purchased the Carling Avenue campus for $208 million a year after the telecommunications company filed for bankruptcy, and expected to start relocating some 8,500 National Defence employees to their new digs by the end of 2015.

But that was delayed by nine months when Public Works employees discovered major structural damage at some of the buildings in late 2014.

The government said at the time it would have to replace the buildings' massive glass panels, which had become unsealed.

That was on top of the $506 million in renovations already budgeted to get the campus ready for sensitive National Defence operations.

At its height, the campus was home to more than 10,000 Nortel employees in 11 buildings, complete with a man-made lake and an in-house softball league.

According to Public Works, about 3,400 people will start to move this fall, and everyone should have settled there by 2019.

WALKLEY ROAD BRIDGE

New crew hired to finish repairs

After several months of delay, lifecycle repairs to the Walkley Road Transitway overpass resumed July 4 following the hiring of a new contractor.

Lischer Construction will now complete the job left half done by Ottawa-based Dalcon Enterprises, which was fired by the city last December for breach of contract after the repair job experienced a string of delays.

"The remaining work was covered under bond, which means taxpayers didn't get the shaft on this one," said River Coun. Riley Brockington, whose ward includes the overpass. He raised questions with staff about the first round of work as early as last September.

The $2-million project, which got underway last June and also included repairing a Sawmill Creek culvert liner, was to have been completed by the middle of last November. However, the contractor advised the city that same month it wasn't able to finish the job.

Also that month, Dalcon filed its intent to declare bankruptcy.

The delays were blamed on equipment malfunction or problems in delivering equipment to the site, as well as insufficiently skilled personnel and a lack of contractor productivity, Metroland Media learned via city correspondence late last year.

The completion date was subsequently changed to August 2016. But the project is now expected to be finished in late October. The city had already paid out about $452,000, not including taxes, to Dalcon for any finished work.

"The city paid for the work that was done and apparently the work that was done was done satisfactorily," Brockington said, adding the bridge was deemed sound. "But the remaining work that the city didn't pay for … there's no additional expense to taxpayers."

Any additional costs above the contract price of $1.4 million, before taxes, required to finish the project were expected to be covered by the bonding company, Jeff Byrne, the city's chief procurement officer, told Metroland Media last year. The bond is worth half the value of the contract.

ERIN MCCRACKEN/METROLAND MEDIA

IN BRIEF

Neighbourhood boundary changes in the works

The boundaries depicting Katimavik-Hazeldean will be updated on the Ottawa Neighbourhood Study website by 2017, along with the subsequent data, following years of requests from the local community association.

Rod MacLean, president of the Katimavik-Hazeldean Community Association, said he's been requesting the change since 2012 and is happy that modifications are being made.

JESSICA CUNHA/METROLAND MEDIA

FC BARCELONA

Training academy coming

New soccer programs are coming to the Louis-Riel dome.

FC Barcelona will launch several new soccer academy programs through BCN Sports, its Canadian partner, in September at the Blackburn Hamlet school.

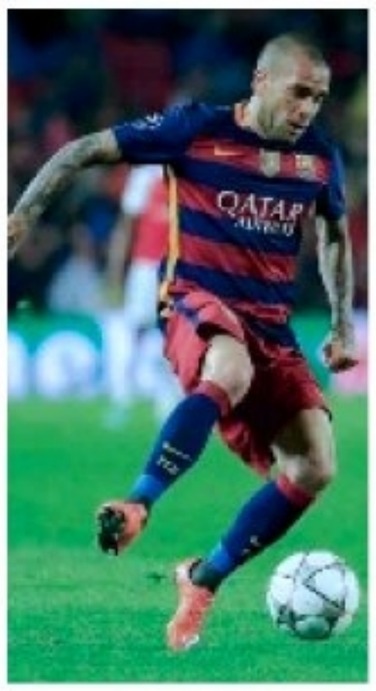
Louis-Riel, a French public secondary school, has a sport study program for students who are competitive athletes, and an indoor track and turf field under a dome that can be used year-round. They have offered training camps through FC Barcelona in the past, and will be the fourth Canadian academy to open, with programs already going in Vancouver, Edmonton and Toronto. Francisco Cervera, BCN Sports CEO, said there is a lot of talent in Canada, and players are regularly coming to Barcelona to training camps.

"They say the Canadian kids are talented," he said. But they don't always have the coaching, or coaching through the same methodologies.

The Louis-Riel academy will be the first academy launched in Canada that is partnered with a school. The training is meant to be complementary to players' training with Ottawa soccer clubs, said sport study director Joé Fournier.

With the academy, the sport study soccer players will be trained by FC Barcelona affiliated coaches during school time, and the formerly co-ed program will be split into males and females. A female coach has been hired to coach the girls program. The FC Barcelona academy programs at Louis-Riel are by try out only, and will start at the end of September.

BRIER DODGE/METROLAND MEDIA



Barcelona's defender Dani Alves runs with the ball during the UEFA Champions League match in Barcelona.
AFP PHOTO/PAU BARRENA

New bylaw highlights digital displays

ADVERTISING

Legislation to restrict bright or flashing signs in stores

Lucy Scholey
Metro | Ottawa

The City of Ottawa is shining the spotlight on a dated sign bylaw, citing emerging technologies as reason for the legislative overhaul.

Digital menu boards, electronic gas pump signs and lit-up indoor window displays will all be legislated if councillors approve the proposed permanent sign bylaw.

Blinking, illuminated window signs are not regulated, but the city has heard concerns about these types of displays, according to a staff report.

But Alex Lewis, executive director of the Bells Corners BIA, says legislating signs inside businesses is a step too far.

"Instead of legislating a homeowner to buy blinds, they're very quick to legislate businesses (on) whether they should be putting signs in their window," he said. "They may seem like a nuisance to a very small populace, but this is how businesses make their living."

The current sign bylaw is complicated.

Following amalgamation, the city cobbled together 13 different sign bylaws from the old municipalities.

A new bylaw was passed in 2005. Since then, it has undergone a number of patchwork amendments, including legislating murals, digital billboards, and logo signs in business parks.

The city is now trying to keep up with new technology, but staff are worried big, flashy billboards will distract drivers. There's also the concern that digital signs will stick out like bright eyesores in some neighbourhoods.

> **(Blinking signs) may seem like a nuisance ... but this is how businesses make their living.**
> Alex Lewis, Bells Corners BIA

The revised sign bylaw also includes restrictions on brightness levels and road setbacks for digital billboards, new size limits for ground signs, and allowing murals in rural and residential neighbourhoods.

This will be before the planning committee on Tuesday.

The City of Ottawa says the Somerset House should be torn down. COURTESY CITY OF OTTAWA

SOMERSET HOUSE

Report: Heritage site 'critically dangerous'

A crumbling wall of Somerset House should be partially torn down and rebuilt, brick by brick, according to a new city report.

It's the latest chapter of the building at Somerset Street West and Bank, which continues to be an eyesore almost nine years after a wall collapsed and temporarily shut down the intersection.

A steel frame has been supporting that Somerset-facing facade since the collapse, but the bricks and foundations are deteriorating.

A third-party engineering report says a section of the wall is in a "critically dangerous situation" and recommends owner Tony Shahrasebi install new hoarding and fencing to keep people from getting too close.

Shahrasebi submitted the application to demolish that wall, which will be under consideration at the built heritage subcommittee on Monday.

City staff are recommending a controlled demolition, but that crews do what they can to keep the historic wall intact.

> **This is demolition by neglect.**
> Coun. Catherine McKenney

If that isn't possible, staff say they should rebuild the facade using its original stone bricks and decorative metal.

Yet according to the Capacity Engineering Limited report, it's possible that wall may never be successfully restored.

In written comments, Somerset Coun. Catherine McKenney said she's pleased to see plans to ease the safety risks, but "extremely disappointed" that the building deteriorated to this point.

"This is demolition by neglect," she wrote.

LUCY SCHOLEY/ FOR METRO

NEW LOOK FOR CORNER STORE

McNabb Park store should get a makeover: Councillor

A corner store near McNabb Park may soon get an artsy coat of paint.

On Tuesday, Somerset Coun. Catherine McKenney will ask the planning committee to approve a new mural for Domestic Foods at 595 Gladstone Ave.

It's the latest project for the city's Paint it Up! program. Two groups have already received funding for the project: the Ottawa Community Immigrant Services Organization's Youth Program, plus the House of Paint Festival of Urban Arts and Culture.

LUCY SCHOLEY/FOR METRO

Serving up a Flava for every taste bud

FESTIVAL

Plenty of native colour among the many bright shades of Blue

Trevor Greenway
Metro | Ottawa

Amanda Rheaume performs on the Monster Energy Stage at Bluesfest on July 9. COURTESY JEN SQUIRES

You may have been impressed when you saw that Anthony Kiedis and the Chili Peppers are headlining Ottawa Bluesfest, along with Duran Duran, The Lumineers and Wolf Parade.

But, like any good music festival, the curation doesn't stop at the headliners.

A really good music festival boasts scores of bands from different genres, different places, different sounds that complement each other. A good festival has a solid local lineup — acts with day jobs who grind it out every day out of the pure love of music. It's safe to say that Bluesfest has hit a grand slam with its local lineup.

Here's a rundown of a few local acts you should check out over the first weekend.

Flava Factory; July 8, 6:30 p.m.; Monster Stage
Ottawa's only urban dance studio is ready to pop and lock its way onto the Bluesfest stage. The urban dance troupe has been wowing crowds at hip hop shows and cultural events over the last few years, putting the spotlight on young B-Boys and B-Girls who can tame rhythm in the nation's capital. This is what has been lacking at Bluesfest over the last few years — art. Watch these insane battles on-stage. They will make your head spin.

Pandaléon; July 8, 7:30 p.m.; Barney Danson Theatre
This ambitious rock trio converted their old elementary school in St-Bernardin into a giant, multi-room studio to record their third venture, Atone. The result was a lesson in never forgetting where you come from. Atone is a mysterious venture into who we are and who we have become; an album that is playful enough to pull you in and dark enough to keep you there. These guys will let it all hang out at Bluesfest and the acoustics in the Barney Danson Theatre will lend well to their sound. See you in the schoolyard.

Amanda Rheaume; July 9, 9:30 p.m.; Monster Stage
Amanda Rheaume has been a tour de force for years, but she really hit her stride when she teamed up with Chantal Kreviazuk for Red Dress, making a bold statement about victim-blaming among missing and murdered indigenous women. Rheaume's latest album Holding Patterns is a personal embrace of growing up, loss, love and everything in between. It's a refreshing breath of sonic sky from a true pro, who knows how to entertain a crowd. Don't miss this important show.

Treasure Dub; July 9, 3:30 p.m.; Black Sheep Stage
All you need to do is look at the bio for this band, and you'll likely clear your schedule for Saturday afternoon. Members Alex Moxon of the Hilotrons, the Acorn's Adam Saikaley, Phil Charbonneau of Her Harbour and Riishi Von Rex drummer Michel Delage round out this Ottawa super band. These cats know how to do it right.

All-Star Blues Revue with The Split; July 9, 9 p.m.; Barney Danson Theatre
If you were one of the lucky ones to see The Split tear down the roof at the NAC last spring, then you've already got your tickets to this show. Ottawa's own soulful heartthrobs take the helm in this Sunday evening blues jam that will feature Ottawa blues heavyweights JW JONES, Kirby Sewell, John Campbelljohn, and The Texas Horns. If you think blues is dead, I dare you to attend this show. Your mind will be changed by the third note.

Next week we will feature another handful of local acts to check out during Bluesfest's final weekend.

STAY TUNED

Carlile, Gibbs skip shows
Singer-songwriter Brandi Carlile and rapper Freddie Gibbs have both cancelled their performances at this year's Ottawa Bluesfest.

Bluesfest posted the schedule update on their Facebook page Tuesday evening and told attendees to "stay tuned for further programming updates."

Carlile was set to play Bluesfest on Saturday evening. No reason was given for her cancellation.

Gibbs was slated to play next Thursday. The 34-year-old American rapper is currently fighting extradition to Austria, where he has been accused of sexual assault. Gibbs is currently out on bail in France, where he was arrested. No charges have been laid. HALEY RITCHIE

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Ottawa keeps 7-cm snow mark

SNOW REMOVAL

Most cities don't send out plows until there's 10 cm

Emma Jackson
Metro | Ottawa

It seems we won't be ditching our snow plowing standards after all.

The transportation committee rejected staff recommendations Wednesday to wait until 10 centimetres have accumulated before plowing residential streets. Right now, plows hit the road at seven centimetres.

Committee chairman Coun. Keith Egli said negative public feedback convinced him those three centimetres weren't worth waiting for.

"The benefits ... in the public's mind, did not outweigh the impact that the change from seven to 10 centimetres would have on their lives," Egli said.

The city hired consultants KPMG to review its snow clearing standards after four years of winter maintenance deficits — including a $23.9-million blowout in 2013.

Most Canadian cities use the 10-centimetre plowing threshold, KPMG found. The switch would have saved $1 million in Ottawa, and staff planned to reinvest half of that into 20 more contractors.

Despite the backtrack, lack of consultation came up constantly throughout the five-hour meeting. Coun. Diane Deans said the public is already skeptical of the city's consultation record, especially given the recent controversy over the Mooney's Bay megaplayground. She said the city should always consult the public when service cuts are on the line.

And CUPE local 503 president Brian Madden said the city never asked his front-line members for feedback, something Coun. Catherine McKenney directed city manager Steve Kanellakos to remedy before council votes July 13.

A pedestrian crosses the Bank Street Bridge during Ottawa's first winter storm, on Dec. 29, 2015.
JUSTIN TANG/THE CANADIAN PRESS

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TRANSPORTATION

New passenger railway proposed

Jacob Serebrin
Ottawa Business Journal

A private-sector group is proposing a new passenger railway for the Ottawa region.

The group, called the Moose, or Mobility Ottawa Outaouais: Systems and Enterprises, Consortium, applied for approval from the Canadian Transportation Agency to move forward with its plan in late June.

"Our plan involves operating three-coach, double-decker diesel-electric passenger trains with hourly service every day, through Ottawa and Gatineau, and extending out to six rural towns," Scott Ivay, one of the people behind the plan, said in a news release.

The railway would run on existing VIA tracks and connect with Ottawa's light rail service at Bayview Station in LeBreton Flats as well as with VIA tracks at the Tremblay Road station.

According to the group, it would require no new government spending to get up and running.

The plan would also see the consortium make some infrastructure investments of its own.

"We have now formally submitted Moose's $50-million plan to retrofit the bridge between Ottawa and Gatineau. In addition to the repairs and upgrades required to restart railway operations, this will include the addition of a new cycling pathway cantilevered off the upstream side, and a pedestrian walkway on the downstream side, with picnic areas on Lemieux Island, offering a direct view of Parliament Hill," Wojciech Remisz, the president of REMISZ Consulting Engineers, one of the companies in the consortium, said in the release.

The group's financing model calls for the railway service to be funded largely through commercial and residential development at and around train stations.

If the plan does go ahead, it will the largest privately funded passenger railway to launch in Canada in more than a century.

The group says that if everything goes as planned, it could start moving passengers as soon as July, 2017.

A new passenger railway could be coming to the Ottawa region.
COURTESY VIA RAIL CANADA

IN BRIEF

Newly released inmates at high risk of overdose

A study has found that one in 10 drug overdose deaths in Ontario between 2006 and 2013 involved individuals who had been released from a provincial correctional facility up to a year earlier.

The study published in the journal PLOS ONE also found that three-quarters of the 702 men and women who died of an overdose were under age 45.

Most overdose deaths involved opioids like oxycodone and fentanyl, and in half of the cases there was a person present who could have intervened.

Ontario Health Minister Eric Hoskins announced this week that the province will distribute the anti-overdose drug naloxone to newly released inmates.

THE CANADIAN PRESS

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The ins and outs of lemonade stands

REGULATIONS

Licences, fines, permits for entrepreneurs not always clear

For two young girls, it was an unpleasant surprise when National Capital Commission officials shut down their lemonade stand.

But if you wanted to open your own lemonade stand — and wanted to play by the rules — it might not be easy to figure out which rules to follow.

Eliza and Adela Andrews had their lemonade stand shut down by a NCC conservation officer because he believed it was on NCC property, but the federal agency later said it actually wasn't sure whether the median on Colonel By Drive was actually city land or NCC land.

It's an important question because different rules apply on city land than on land managed by the NCC, which manages all federal property in Ottawa.

The NCC does have a map of its lands in the city. There, federal regulations apply.

In order to set up a lemonade stand on NCC land such as parks, parkways and other green spaces, written permission from the agency is required under those federal regulations.

The NCC does have a permit process for events as well as for land use, but neither one seems specifically intended for things such as lemonade stands.

$1,900

The permit fee for commercial events on the Colonel By Drive parkway is $1,900.

The permit fee for events on the Colonel By Drive parkway is $1,520 for non-commercial events and $1,900 for commercial events.

However, those fees vary depending on the area and are significantly lower for public gatherings and picnics. A non-profit holding a picnic on NCC land, for example, only faces a $110 fee.

Those permits, however, are only good for one day.

There's also a $35 application fee and applications for event permits go through a review period that takes "30 days for smaller events and 60 days for major events," according to the NCC's website.

For land under the jurisdiction of the City of Ottawa, a lemonade stand would require a refreshment stand licence. Fees for that range from $214 to $784.

But in order to have a refreshment stand on city roads and sidewalks, a valid designated space permit is required.

Finding out how to get one of those permits is a little harder — there isn't much information online about how to apply.

Still, those permits don't really apply to a child's lemonade stand; in order to apply for a refreshment stand licence, the applicant has to be at least 18 years old. JACOB SEREBRIN / OTTAWA BUSINESS JOURNAL

Sisters Eliza, right, and Adela Andrews with their lemonade stand at home on Monday in Ottawa. **The National Capital Commission shut down the sisters' lemonade stand Sunday morning for not have a permit to operate a business.** DAVE CHAN / TORSTAR NEWS SERVICE

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FW-23- METRO OTTAWA

Isis here to stay, says salon owner

NIAGARA FALLS

Some think business is linked to terror group

People continue to flock to Isis, and its leader says it is here to stay and growing bigger.

Don't be alarmed. Not that ISIS. We mean Isis, a small body-sugaring and esthetics salon, in Fonthill, a community not far from Niagara Falls.

The salon is named after the Egyptian goddess Isis, reflecting body sugaring's roots as an ancient Egyptian hair-removal process. Its name predates the prominent moniker of the extremist group, also known to many as Daesh, by about 13 years.

"Everybody knows me as Isis," says Brigitte Boucher, owner of the salon.

Boucher opened the business 15 years ago in London, Ont. then moved it to its current location about three years ago. She specializes in natural body hair removal using homemade products. You can also get a manicure, pedicure, lash extensions and a facial.

"There's no beheading going on," Boucher says. "There's a lot of hair removal."

The name of the salon has raised a few eyebrows over the past few years. Boucher says she has noticed people taking photos of the storefront, which sports the company name. She also deals with the occasional caller phoning to inquire if the business is connected to Daesh (known as the Islamic State).

This has prompted her to post a sign in the front window stating "We are not affiliated with the Islamic State of Iraq Syrie (sic)" in capital letters.

Boucher said she cried when she first learned the name of the radical Islamist group a few years ago.

"I'll watch the news every once in a while, and there's an ISIS bombing and I'm like, 'Here we go. I'm gonna get a call or two,'" she says.

Reviews on Isis' Facebook page are all positive. One patron posted that she was "totally in love with Isis."

TORSTAR NEWS SERVICE

NAME CHANGES

In 2014, Halifax's Immigrant Settlement and Integration Services (ISIS) became the Immigrant Services Association of Nova Scotia, or ISANS.

Isis, the dog on the television drama Downton Abbey, was killed off that year amid rumours the show didn't want the canine sharing its name with the jihadist group, although producers denied that was the case.

Isis, a small body sugaring and esthetics salon in the Niagara region, has seen its business improve despite misconceptions over whether it is connected to the terrorist group, according to owner Brigitte Boucher. TORSTAR NEWS SERVICE

BRITISH COLUMBIA

Garlic used to ward off mosquitoes

Folklore says a bulb of garlic will repel a vampire, but a northwestern B.C. community believes the pungent vegetable is the answer to fighting a smaller, but equally blood-thirsty pest.

The District of Taylor has approved a pilot project to apply an environmentally friendly but potent garlic solution to several areas around town in hopes of wiping out mosquitoes.

The solution is 99 per cent garlic and Taylor councillors have been assured it can kill mosquito larvae while the leftover sulphers are undetectable by humans but deter adult mosquitoes for weeks.

Several baseball diamonds in Taylor will be sprayed first, and the concoction will also be applied around the downtown core.

Based on costs and results, Taylor council intends to expand the pilot project in 2017.

Taylor joins a handful of Canadian communities, including Leduc, Alta., and Huntsville, Ont., in using garlic to eradicate pests, with Huntsville using the potion to control black flies in advance of the 2010 G8 meeting.

THE CANADIAN PRESS

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‘I do’ win a Bahamas trip

CONTEST

16 lucky couples win to destination wedding trips

Sixteen Canadian couples are set to say “I do” at wedding ceremonies taking place simultaneously in the Bahamas later this year.

The spouses-to-be won the prize through an online contest aimed at promoting the Bahamas as a travel destination for weddings and honeymoons.

The simultaneous weddings at locations throughout the Bahamian islands are set for Nov. 16, at 4 p.m., local time.

The couples — seven from Ontario, five from Alberta, two from Manitoba and one each from Nova Scotia and New Brunswick — will receive round-trip airfare and accommodation in the Bahamas, plus a “personal wedding coordinator.”

The Ministry of Tourism in the Bahamas ran the same contest in the U.K. and the U.S in previous years.

The couples — seven from Ontario, five from Alberta, two from Manitoba and one each from Nova Scotia and New Brunswick — will receive round-trip airfare and accommodation. ISTOCK

Paul Strachan, the senior director at the Bahamas Tourist Office in Canada, said about 350 couples entered the contest.

Lana Newell, 35, and her fiance Mark Voisin, 43, are the winners from Nova Scotia. Their wedding is being planned in Exuma.

> **Financially a beach wedding wasn’t in the question.**
> Lana Newell

Newell and Voisin were working as teachers in New Zealand when they got engaged four years ago. They wanted to make sure their friends and family could be at their wedding, so they waited until they came back to Canada to start planning. When they couldn’t find full-time work right away, they had to put everything on hold.

“We were really dreaming of a beach wedding, but financially a beach wedding wasn’t in the question ... you enter contests and still don’t really think you have a chance,” Newell said. “Now, here we are in Canada, we have the friends and family, and we have our wedding. We’re set now.”

The couple, who met on a hike at an outdoor adventure club, are currently making plans for their family to attend the ceremony, especially Newell’s five- and seven-year-old niece and nephew.

“They’ve never been on a plane, have never been to a wedding, have never been on a beach,” Newell said. “They’re our ringbearer and flower girl. They’re thrilled.”

Strachan said more than 150,000 Canadians travelled to the Bahamas last year, and his organization hopes to increase those numbers.

THE CANADIAN PRESS

CANADA-EU

Brexit may risk trade deal risk

Britain has assured Canada it will push for speedy ratification of the mammoth free trade deal with the European Union, despite its intention to leave the 28-country bloc, says International Trade Minister Chrystia Freeland.

Freeland said she has received assurances from her British counterpart, Lord Mark Price, and that he’s conveyed those same assurances to their EU counterpart, Cecilia Malmstrom.

“We’ve proactively had assurances from Britain that Britain would be supporting the EU at that level, and is proud to do so,” Freeland said this week.

Britain’s decision to leave the EU last month is one of many factors complicating the ratification of the Comprehensive Economic and Trade Agreement, or CETA.

Freeland said Britain has a lot of its plate, starting with selecting a new government later this year.

Britain has yet to serve formal notice to the EU that it intends to leave, by invoking Article 50 of the Lisbon Treaty, which has never been done. That would trigger a two-year negotiation period. THE CANADIAN PRESS

LABOUR

Canada Post talks stall as union refuses pension model

Mail could stop being delivered from Friday with Canada Post threatening to lock out workers as the two sides remain far apart on issue of pensions. THE CANADIAN PRESS

Canada Post is threatening to lock out unionized workers on Friday, as contract talks stall over changes to pensions — a benefit that the union says it will fight to defend.

“We could not be farther apart,” said Canada Post spokesman Jon Hamilton, noting the two sides have not met face-to-face since Canada Day, when the union put forward its latest offer.

Union president Mike Palacek calls that “patently untrue,” saying the two sides met on Monday, and both sides are working with mediators trying to reach a deal.

“Canada Post has not moved on any of the issues,” said Palacek, national president of the Canadian Union of Postal Workers, which represents 50,000 members in both urban and rural units. “But we haven’t been told formally we will be locked out.”

WHAT THEY SAY

Canada Post is in the public sector, and as a Crown corporation has pushed to turn profits, though the union argues it is not required to.

- The post office says the corporation is facing huge challenges with its pension plan with a $6.2 billion solvency deficit.
- The union challenges that figure saying it is merely a number on paper if the pension is to be terminated, which is not happening.
- The union notes the pension plan delivered a 7.3 per cent return in 2015, with a $1.2 billion surplus last year.

The union believes the company will reduce employee hours, lay people off, cancel vacations and suspend a monthly transfer of $3.5 million in union dues.

“We can see where they are going. They are going to attempt to provoke us,” Palacek said. “We are telling our members not to take the bait, to stand strong. Our goal is to continue service to the public.”

He added that the union would pay out $200 a week in lockout pay to members from its strike fund. Its fund is in the “tens of millions,” and other unions have offered to help out if needed, Palacek added.

TORSTAR NEWS SERVICE

IN BRIEF

David Holland retiring as Torstar president and CEO

The roles of president and CEO of Torstar Corp. and publisher of the Toronto Star will be amalgamated into one position, the company said Wednesday as it announced David Holland is retiring this fall after 30 years with the company, including seven as president and CEO. A search is underway to fill the new joint position.

THE CANADIAN PRESS

BANKING

‘Fintechs’ helping immigrants land on their feet

Wanyee Li
Metro | Vancouver

A Vancouver entrepreneur is helping other newcomers to Canada by starting a financial technology company that help immigrants land on their feet when they arrive — immigrants like Fares Toumi.

Toumi, a marketing consultant from Jordan, moved to Vancouver with his young family one year ago and decided to work for himself rather than find a salaried job.

His business grew steadily but when his mother fell ill in Jordan in May, Toumi didn’t have enough cash on hand to send back home. He said banks would not lend him the money because he had no credit history and few assets in Canada.

Financial technology or “fintech” companies are filling this service gap and others, creating a $13 trillion global market, according to the Digital Finance Institute, a Canadian think-tank.

> **I didn’t have enough money to pay for rent and utilities.**
> Cindy Chen, whose experience inspired her to start her own business

Out of 515 fintech companies in Canada, about 100 are based in B.C. and many have an edge in the industry thanks to the province’s strong tech sector, said Christine Dunhaime, executive director at DFI.

Cindy Chen, CEO of Amber Financial Services, calls fintech the “Uber” of the banking industry. She was inspired to launch her business, which offers unsecured loans, after her own experience immigrating to Vancouver from the U.S. four years ago. “I didn’t have enough money to pay for rent and utilities. I borrowed money from friends,” said the 30-year old entrepreneur.

There is a group of people that should qualify for loans but don’t because traditional banks only consider certain types of documentation, explained Chen. Amber Financial uses other methods like considering old bank statements from the country an immigrant came from to assess whether they qualify for a loan.

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UNITED KINGDOM

Report slams Iraq war

Prime Minister Tony Blair led Britain into an unsuccessful war in Iraq through a mix of flawed intelligence, "wholly inadequate" planning and an exaggerated sense of the U.K.'s ability to influence the United States, according to a damning official report on the conflict that was published Wednesday.

The government-commissioned inquiry fell short of delivering what many bereaved families sought — a declaration that the 2003 war was illegal. But its 2.6 million words give the most comprehensive verdict to date on the mistakes of a conflict whose violent aftershocks still rattle the world.

Blair, however, stood by his decision to join U.S. President George W. Bush in toppling Iraqi leader Saddam Hussein.

"I believe I made the right decision and that the world is better and safer as a result of it," he said.

The decision to go to war was the most contentions act of Blair's decade as prime minister between 1997 and 2007. By the time British combat forces left Iraq in 2009, the conflict had killed 179 U.K. troops, almost 4,500 U.S. personnel and more than 100,000 Iraqis.

Iraq descended into sectarian strife after the occupiers dismantled Saddam's government and military, unleashing chaos that helped give rise to the Islamic State group.

The inquiry, which was seven years in the making and headed by retired civil servant John Chilcot, concluded that Britain joined the U.S.-led invasion "before the peaceful options for disarmament had been exhausted."

"Military action at that time was not a last resort," Chilcot said as he published the report. THE ASSOCIATED PRESS

Feds investigate police shooting in Louisiana

BATON ROUGE

Police chief 'demanding answers' as video surfaces

The U.S. Justice Department opened a civil rights investigation Wednesday into the video-recorded police killing of a black man who authorities say had a gun as he wrestled with two white officers on the pavement in Baton Rouge, Louisiana.

Alton Sterling, 37, was confronted by police and shot on Tuesday after an anonymous caller said he had threatened someone with a gun outside the store, where he was selling homemade CDs, authorities said.

In a cellphone video taken by a community activist and posted online, the two officers pinned Sterling to the ground, someone yelled, "He's got a gun! Gun!" and gunfire erupted moments later.

At a news conference Wednesday, Baton Rouge Police Chief Carl Dabadie Jr. said that Sterling was armed but that there are still questions about what happened.

"Like you, there is a lot that we do not understand … I am demanding answers," Dabadie said.

The officers, identified by the chief as Blane Salamoni, a four-year member of the department, and Howie Lake II, who has been on the force for three years, were placed on administrative leave, standard department procedure.

Authorities would not say whether one or both fired their weapons or how many times.

In this video, Alton Sterling is held by two Baton Rouge police officers, one holding a hand gun. THE ASSOCIATED PRESS

Gov. John Bel Edwards and the U.S. Justice Department announced the investigation by the department's civil rights division.

"I have very serious concerns. The video is disturbing, to say the least," Edwards said.

The shooting stirred anger in Baton Rouge, with hundreds protesting Tuesday night and demonstrations continuing Wednesday. Community leaders and Sterling's family demanded a federal investigation.

"Mr. Sterling was not reaching for a weapon. He looks like a man that was actually fighting for his life," said state Rep. Edmond Jordan, an attorney for Sterling's family. THE ASSOCIATED PRESS

DYNAMIC DUO
CLINTON, OBAMA CAMPAIGN TOGETHER
Democratic presidential candidate Hillary Clinton walks off of Air Force One with U.S. president Barack Obama on Tuesday in Charlotte, North Carolina, where they made their first joint campaign appearance. The Clinton campaign hopes Obama can reassure voters about her experience, talent and character — and speak to their questions about her honesty and trustworthiness, some of which stem from the FBI's email investigation.
GETTY IMAGES

COMIC BOOKS

Meet the new Iron-Not-a-Man

Colin McNeil
Metro | Toronto

A female Thor, a black Captain America, a Latino Spider-Man and now, Iron (formally) Man.

Marvel Comics' push for a superhero roster that better represents their readers continues with the upcoming launch of Riri Williams — the new face of Iron Man (she's still working on the name).

Williams, a 15-year-old student, suits up in Invincible Iron Man No. 1, apparently with Tony Stark's blessing. The girl genius catches the attention of the Stark after she reverse-engineers an Iron Man suit and builds her own version.

So what happened to Tony?

"We're in the middle of a very big Tony Stark storyline — actually three storylines converging," said Invincible Iron Man author Brian Michael Bendis.

"His best friend died, his company is collapsing and he's finding out who his biological parents were," he said. "But it does create a path for Riri Williams, who Tony will know and will be interacting with in the comics."

Riri Williams, the new face of Iron Man. CONTRIBUTED

MIDDLE EAST

Ceasefire is declared in Syria

The Syrian military declared a unilateral, three-day ceasefire for the entire country on Wednesday, coinciding with the start of the Muslim Eid al-Fitr holiday marking the end of the holy month of Ramadan, state media reported.

The military's nationwide truce is set to expire at midnight Friday, according to a state TV report. The truce is not expected to affect the fight against Daesh, which is battling government troops, rebels and other forces on a number of fronts.

Daesh claimed a suicide bombing outside a bakery on Tuesday in a Kurdish-controlled part of the north-eastern Hassakeh province. It was the third major attack claimed by the group in the final week of Ramadan, following a massive bombing in Baghdad that killed 175 people and an assault in Bangladesh that killed 22.

The Kurdish Hawar News Agency said Wednesday that 20 people died in the bakery bombing, while the British-based Syrian Observatory for Human Rights put it at 25. Syrian state media had initially reported 10 dead on Tuesday.

Conflicting tolls are common in the aftermath of deadly attacks in Syria.

U.S. Secretary of State John Kerry welcomed the Syrian military's truce declaration, saying discussions were underway with Russia and other parties to expand it. Kerry appealed to all parties to honour it to allow for some respite in the country's ongoing bloodshed.

There were nevertheless reports of sporadic violence Wednesday. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, July 7, 2016

ROSEMARY WESTWOOD
ON THE SEX HARASSMENT CLAIMS AGAINST FOX'S CHAIRMAN

While it's everyone's "issue," sexual harassment and assault are often only women's problems. This is why Gretchen Carlson's lawsuit is so powerful, and career-risking.

If journalists took the whole "people in glass houses" motto seriously, newspapers, websites, video reels and radio stations would be blank, empty, silent spaces.

Papers that rail against unfair working conditions deny their own employees overtime pay.

Outlets that decry white male workplaces are some of the white-est, male-est offices around.

This industry, which gets paid to call bulls--t on everything and everyone it sees, is full of it.

And of course it is. No job exists outside our culture. And our culture is full of it, too.

So no woman in media (or elsewhere) was likely surprised when Gretchen Carlson, a former anchor for Fox News in the U.S., revealed a series of cases of career-related sexual harassment in a Huffington Post op-ed yesterday.

But the article was a mere side-note to the real breaking news, which shocked the U.S. media world: a sexual harassment lawsuit filed by Carlson against the media mogul and Fox chairman Roger Ailes.

Of course, that a wealthy, powerful media baron would sexually harass his employees is in no way surprising. But it's almost incredible that Carlson has outed him (allegedly) in such a public way. So often sexual assault cases in workplaces are handled quietly, if at all, especially when the accused is in charge. And Ailes' power probably can't be understated, though the New York Times described him this way: "a towering figure in television and Republican politics who has overseen virtually every aspect of Fox News Channel over the cable network's hugely successful two-decade run."

So often sexual assault cases in workplaces are handled quietly, if at all, especially when the accused is in charge.

Former Fox News host Gretchen Carlson has filed a lawsuit against the CEO and chairman of Fox News, Roger Ailes, for sexual harassment and retaliation. GETTY IMAGES

The quotes attributed to Ailes in the lawsuit are comically direct: "I think you and I should have had a sexual relationship a long time ago and then you'd be good and better and I'd be good and better," Carlson alleges Ailes told her.

It's an amazingly succinct and stunningly blatant summation of what's long been a more insinuated scenario for women in the media, or anywhere, really. When Carlson didn't engage in such a relationship, she alleges, she was downgraded, and then let go. Just like she'd been warned.

In her Huffington Post piece, Carlson urged readers to think of sexual harassment/assault as more than a "woman's issue." Since men are more commonly sexual aggressors, this is factually true. But while it's everyone's "issue," sexual harassment and assault are often only women's problems. This is why Carlson's lawsuit is so powerful, and career-risking. It's why she deserves kudos, and why workplaces won't change without women who are willing to fight.

Forget the bigots — there's good reason to oppose trade deals

Linda McQuaig
Torstar News Service

The decision of British voters to leave Europe has been treated as evidence that they're intolerant xenophobes keen to seal themselves off from the world. That Donald Trump is on their side only helps make the case that they represent a boorish throwback, a desire to make the English-speaking world great again by turning it into a giant gated community surrounded by sky-high walls.

Having such a collection of bigots and boors opposing "globalization" may turn out to be a boon for those promoting globalization — that is, the laws that govern the global economy.

This is unfortunate, since these laws — and the international trade deals that enforce them — have delivered benefits almost exclusively to those at the top in recent years, and should be thoroughly overhauled.

But with Neanderthal wall-builders lurking in the background, it may be easier for the Trudeau government to convince Canadians to accept these badly flawed and increasingly unpopular trade deals as part of living in an open, modern world.

U.S. President Barack Obama helped make this case in his address to Parliament last week, urging us to resist "sealing ourselves off from the world," as he derided opposition to foreigners and opposition to international trade deals with the same broad brush.

There's a litany of reasons why any sensible person would resist these trade deals.

But the most outrageous aspect of them has always been the special set of legal rights they bestow on foreign corporations and investors. These rights enable wealthy foreigners to sue governments over policies the foreigners don't like, and to have their lawsuits decided by closed tribunals.

The Trans-Pacific Partnership (TPP), rather than removing this indefensible, anti-democratic set of rights for wealthy foreigners, actually extends them.

Indeed, the TPP could open a floodgate of new claims by wealthy foreigners, according to a powerful report by Osgoode Hall law professor Gus Van Harten. The report documents how corporations and wealthy investors have taken advantage of the bizarrely generous legal rights available to them under NAFTA, suing Canada 39 times and winning more than $190 million in compensation from Canadian taxpayers. There is no cap on how high the compensation can be, and the vast majority of it goes to the ultra-rich.

Let's not forget what it is these foreign interests are objecting to: laws passed by democratically elected governments to protect the public. For instance, Lone Pine Resources challenged fracking regulations in Canada; just last month, TransCanada sued the United States for $15 billion to compensate for Obama's decision not to approve the Keystone pipeline.

The Trudeau government will no doubt fill us with dark Brexit and Trumpian images to warm us up to the TPP. But not even revulsion for Donald Trump will provide enough lipstick to pretty up this pig.

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Thursday, July 7, 2016

"I saw my size as being an advantage, whereas so many women see it as a disadvantage"

Rebel Wilson tells Britain's Telegraph newspaper her weight has helped her career

'IT ONLY TAKES A SECOND' HOME HAZARDS

Spooked by the recall of millions of IKEA dressers that pose a tip-over hazard if they're not properly anchored, parents everywhere are taking a second look at their child-proofing chops. "People always say, 'I only turned my back for a second,'" says Tracey Warren, director of Child Safe Canada. Her solution: Put more than a few seconds' worth of obstacles between your little ones and danger. **Here are five often-overlooked hazards you can find and minimize.** GENNA BUCK/METRO CANADA

1 DOORS & WINDOWS

Opening the doors and windows to catch a breeze might keep you cool, but it's a hidden-in-plain-sight hazard to small children apt to wander out, Warren said. So keep the door closed and put an obstacle in front of it that will slow kids down — even something as simple as boots. Make sure your windows are secure too (but not permanently nailed shut: fire hazard), and don't place furniture under them that kids can scramble up on.

2 WATER

Kids under five have a natural, unquashable desire to explore and climb on everything. It's not just pools and hot tubs: Toddlers have been known to topple into puddles, toilets, cleaning buckets and kitchen sinks full of dishwater, Warren said — so never leave standing water unattended.

3 FITNESS EQUIPMENT

Kids can fly off a treadmill or get entangled in an elliptical. Don't leave the key in the lock, and if there's no way to secure the machine to prevent little fingers from mashing the "start" button, consider making the room it's in off-limits. Better yet, do both. That's what Warren calls "layers of safety."

4 DRUGS & COSMETICS

Warren suggests getting down to toddler-eye level and looking at your home the way your child sees it. What's in their reach? Kids are attracted to makeup's bright colours and easy-to-open packages, and they shouldn't be eating it. Grandma visiting? Purses or suitcases carelessly tossed on the floor or bed could have medication inside. Again with the safety layers: Keep poisons, like cleaning products and drugs, in a locked cupboard that's also up high.

5 DRIVEWAY

Remind kids often that the driveway is a "drive zone," never a "play zone." Backing over children is tragically common. Warren said it has happened three times so far this season in Calgary, where she's based. It's best to back in and pull out. And exit the driveway with the windows down, so you can hear if someone's trying to alert you that you're about to make a fatal mistake.

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10,000-Year-Old Spider Eggs Hatch

WASHINGTON, DC

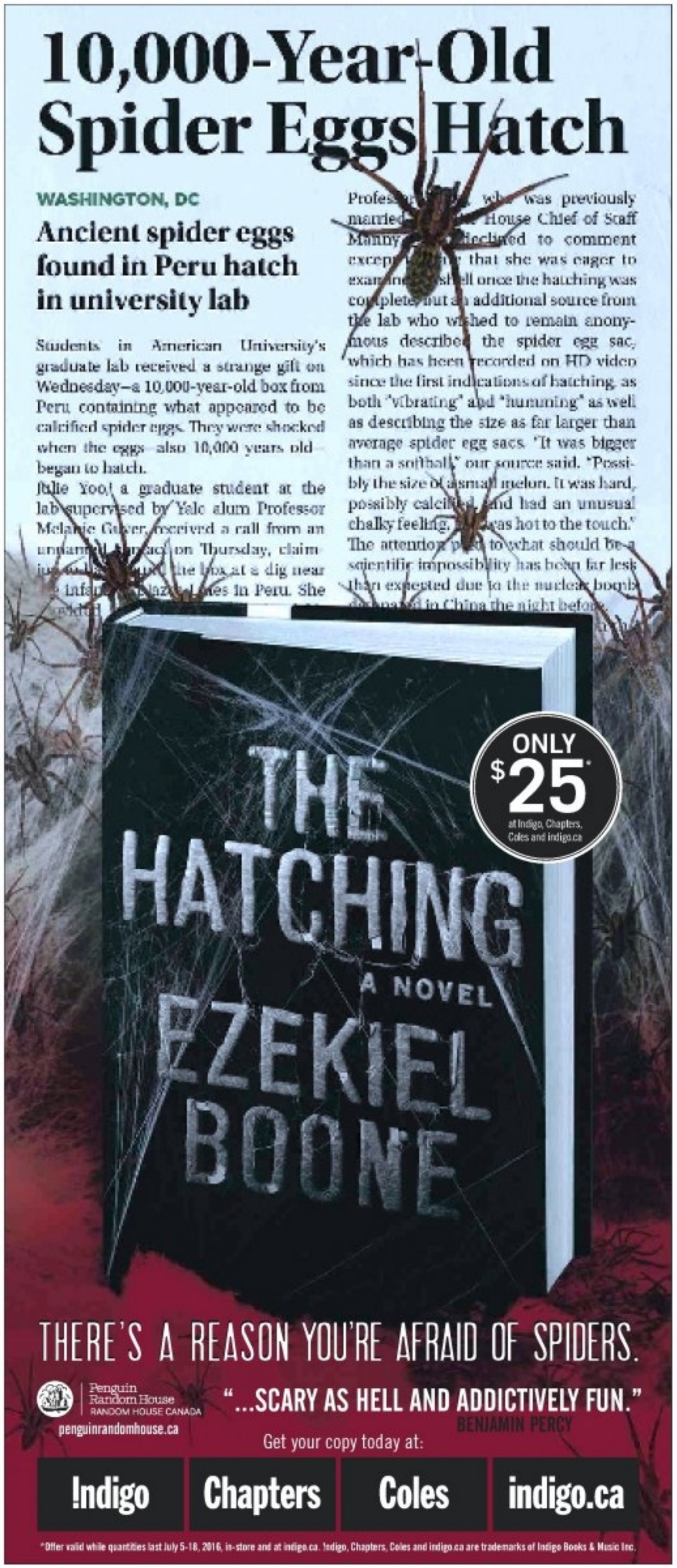
Ancient spider eggs found in Peru hatch in university lab

Students in American University's graduate lab received a strange gift on Wednesday—a 10,000-year-old box from Peru containing what appeared to be calcified spider eggs. They were shocked when the eggs—also 10,000 years old—began to hatch.

Julie Yoo, a graduate student at the lab supervised by Yale alum Professor Melanie Culver, received a call from an unidentified contact on Thursday, claiming to have found the box at a dig near the Infanta Blazed ruins in Peru. She added

Professor [illegible], who was previously married to White House Chief of Staff Manny [illegible], declined to comment except to say that she was eager to examine the shell once the hatching was complete, but an additional source from the lab who wished to remain anonymous described the spider egg sac, which has been recorded on HD video since the first indications of hatching, as both "vibrating" and "humming" as well as describing the size as far larger than average spider egg sacs. "It was bigger than a softball," our source said. "Possibly the size of a small melon. It was hard, possibly calcified, and had an unusual chalky feeling. It was hot to the touch."

The attention paid to what should be a scientific impossibility has been far less than expected due to the nuclear bomb [illegible] in China the night before.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Winters takes off in turbulent times

INTERVIEW

Author's new novel wrestles with America's race problem

Sue Carter
For Metro Canada

As Ben H. Winters finished writing the final book in his award-winning Last Policeman mystery trilogy in 2013, he was already anxiously thinking ahead to what his next project might be. Meanwhile, the Indiana writer was also feeling distressed over the killing of Trayvon Martin by George Zimmerman, a neighborhood watch volunteer, in Florida, and the deaths of other young African Americans by police across the country.

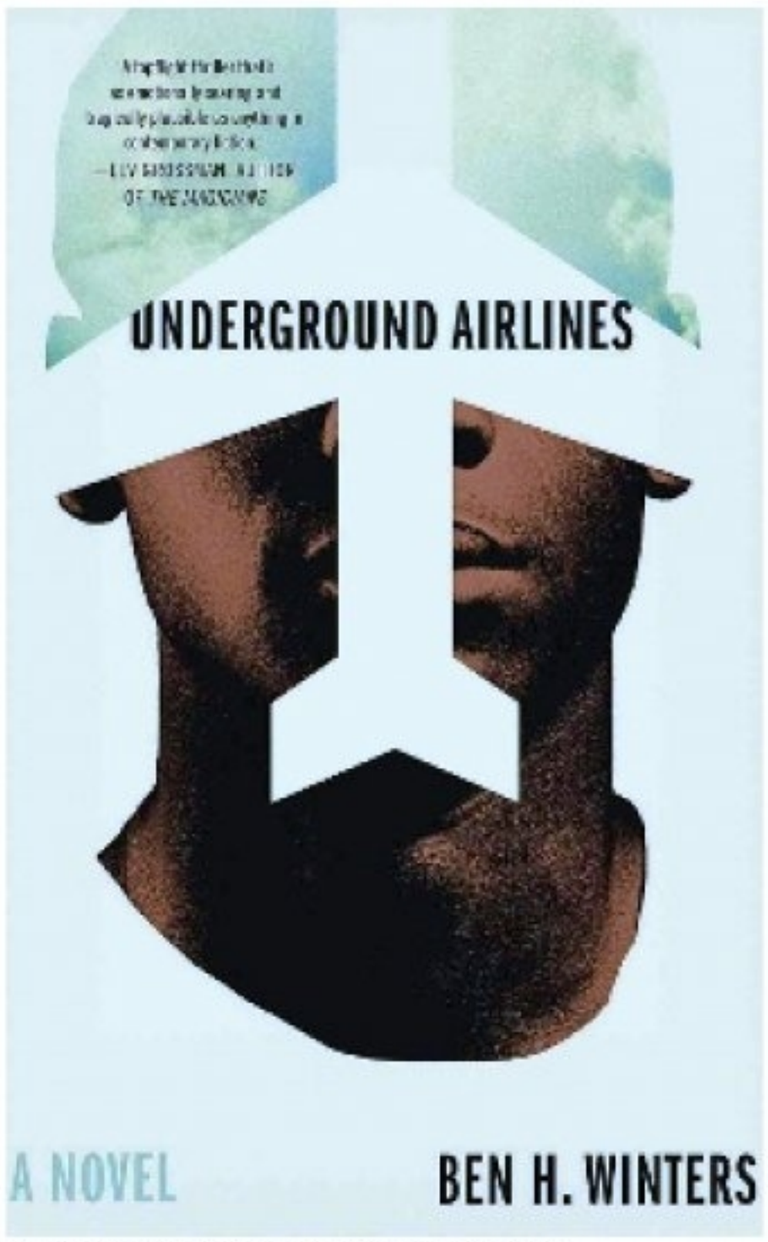
"It had become such a prevalent part of the national consciousness," says Winters. "As an American citizen, it was impossible not to be thinking about it all the time and wondering how this could possibly be happening."

Winters knew he wanted to use a hybrid of mystery and science-fiction genres to examine institutional racism in the U.S., and so his new novel was born, Underground Airlines, where he imagines a dystopian world in which the American Civil War has never happened and slavery still exists in Hard Four states.

The story follows Victor, an escaped slave turned bounty hunter looking for a runaway named Jackdaw, which leads to him becoming embroiled in a much larger conspiracy.

"It continues to strike me that in America there is this very specific backstory that is connected to race-based slavery," says Winters. "People like to think it happened long ago, like some kind of ancient phenomenon we put behind us, but in fact there are a million ways that the legacy of slavery forms contemporary racism."

In Underground Airlines, there are still Starbucks and CNN. Michael Jackson and Muhammad Ali remain stars (with revised biographies), and corporate greed and capitalism still reigns. But in Winters' alternate history, James Brown is an escaped slave living in Canada, and Henry Kissinger is quoted as denouncing the United Nations. As a self-declared "history and legal-scholar nerd," Winters spent a lot of time both researching and speculating how his premise would have played out internationally, and changed the U.S.'s role on the world stage.



Ben H. Winters' new novel is a hybrid of genres.

He admits wrestling with the appropriateness of a white male author writing a race-relations story with an African American protagonist, but came to the conclusion that it's important for artists like himself to draw attention to anti-black racism issues.

"I'm very aware that there will be some questions about my motives and the appropriateness of the material, and the only way I can answer that is if when people read the book, they realize it's not exploitative," Winters says. "There is a long and complicated history of white artists appropriating black voices. The only answer to that was to be honest and to think about how I'm going to write about this specific man, and his specific struggle, his specific back story.

"To think that black and white people are so different that the bridge of empathy that fiction is can't cross it is just dangerous thinking."

Underground Airlines concludes with a blockbuster surprise, but is also with cautious optimism. "I'm not giving up on my country. America has so many great things about it, and we've come so far, but continuing to move forward requires us to better understand our history than we think we do," says Winters.

> **To think that black and white people are so different that the bridge of empathy that fiction is can't cross it is just dangerous thinking.**
> Author Ben H. Winters

Sue Carter is the editor at Quill & Quire magazine.

metro HOME

Your essential daily news

The "she shed" — a lighter, brighter version of a man cave — is becoming more popular

MEET THE CONDO

Golf course community near Aylmer

CONTRIBUTED

Project overview

The La Croisée site, by Ritchcraft Homes, offers numerous new homes — some which are currently under construction, and others which are ready for move-in. The attractive golf course community is relaxing and a great place to unwind. Its bungalow or single-home models are ideal for homeowners' various needs.

Housing amenities

The single homes come in different styles that alternately offer warm, open interiors, or modern, spacious designs that are fresh and livable. The homes offer features such as granite countertops in the kitchen, gas fireplaces, nine-foot windows on the main floor, ceramic flooring and a high-efficiency double vented forced-air gas heating system.

Location and transit

Situated less than a five-minute walk from Aylmer, La Croisée is not far from the Gatineau Club de Golf, and the neighbourhood offers nearby schools and shopping options. The location also has a number of busses that go into Aylmer and is about a 40-minute drive from downtown Ottawa.

In the neighbourhood

Aylmer has a secluded feel, while still being quite close to Ottawa. The neighbourhood itself is friendly and inviting. Aside from the nearby golf course, Aylmer also has a network of great biking/walking paths and several parks.

ILANA REIMER/METRO

NEED TO KNOW

What: La Croisée Aylmer
Builder: Richcraft Homes
Designer: Richcraft Homes
Location: Off of Chemin d'Aylmer
Building: Singles and bungalows
Sizes: 1,770 sq. ft. to 3,730 sq. ft.
Pricing: From $453,900
Model: Three to five bedrooms, two to 3.5 bathrooms
Status: Now selling
Occupancy: Any time
Sales centre: 137 Rue du Golf
Phone: 819-682-7000
Website: richcraft.com

A striking staircase designed by the New York-based design firm Bradfield & Tobin which has leather treads on the stairs rather than traditional carpet. SEAN FINNIGAN/BRADFIELD & TOBIN VIA AP

ASK A DESIGNER

How to create the stairway from heaven

We give lots of thought to decorating rooms but often overlook the staircase, despite the fact that in many homes it's the first thing people see when they walk in the door.

Staircase areas can be "a great spot to introduce your personal style," says Brian Patrick Flynn, who designed HGTV's Dream Home 2016, the design network's annual house giveaway.

Here, Flynn and designer Roric Tobin of the New York design firm B&T Global share advice on creating an inviting, stylish staircase that blends with the rest of a home's decor.

Assess the banister

It doesn't have to be expensive to replace a boring bannister with something snappier.

"If it's something historical that has beauty, there's no sense in ripping it out," Tobin says. But if it doesn't serve the space, change it. Or consider painting or otherwise updating the banister.

Showcase your favourites

"Stairwells, often considered dead space, are ideal for showcasing collections," says Flynn. "I prefer to mix different frames in a variety of wood finishes and metals, and then throw in three-dimensional objects as well to break up the rigid lines.

"When all else fails, I say stick with black-and-white photos."

Embrace bold patterns and colour

Tobin recommends using bold, large-scale print wall coverings to "really draw your eye up the staircase."

Homeowners often assume that small-print patterns will look best, he says, but they can be boring.

Blend style and function

Runners and stair treads are another place to add colour or pattern.

"Stairwell runners in masculine prints are becoming popular in all sorts of homes," says Flynn.

And they serve a practical purpose: Bare wood can look good but be noisy and slippery. Most of Tobin's clients opt for stair runners or treads to eliminate noise.

These are traditionally made of carpet, but Tobin suggests considering other materials. THE ASSOCIATED PRESS

metro SPORT

Blue Jays pitcher Marco Estrada pulled out of the All-Star Game and went on the 15-day DL with a back injury on Wednesday

Raonic rolls into semis

WIMBLEDON

Federer in way of Canadian's first Grand Slam final

Milos Raonic says he's looking forward to getting another crack at Roger Federer, the Swiss tennis legend who sent him packing with a straight-sets win in the 2014 Wimbledon semifinals.

Raonic believes he has grown as a player since his first Grand Slam semifinal, improving his all-round game and learning how to make adjustments when things aren't going his way.

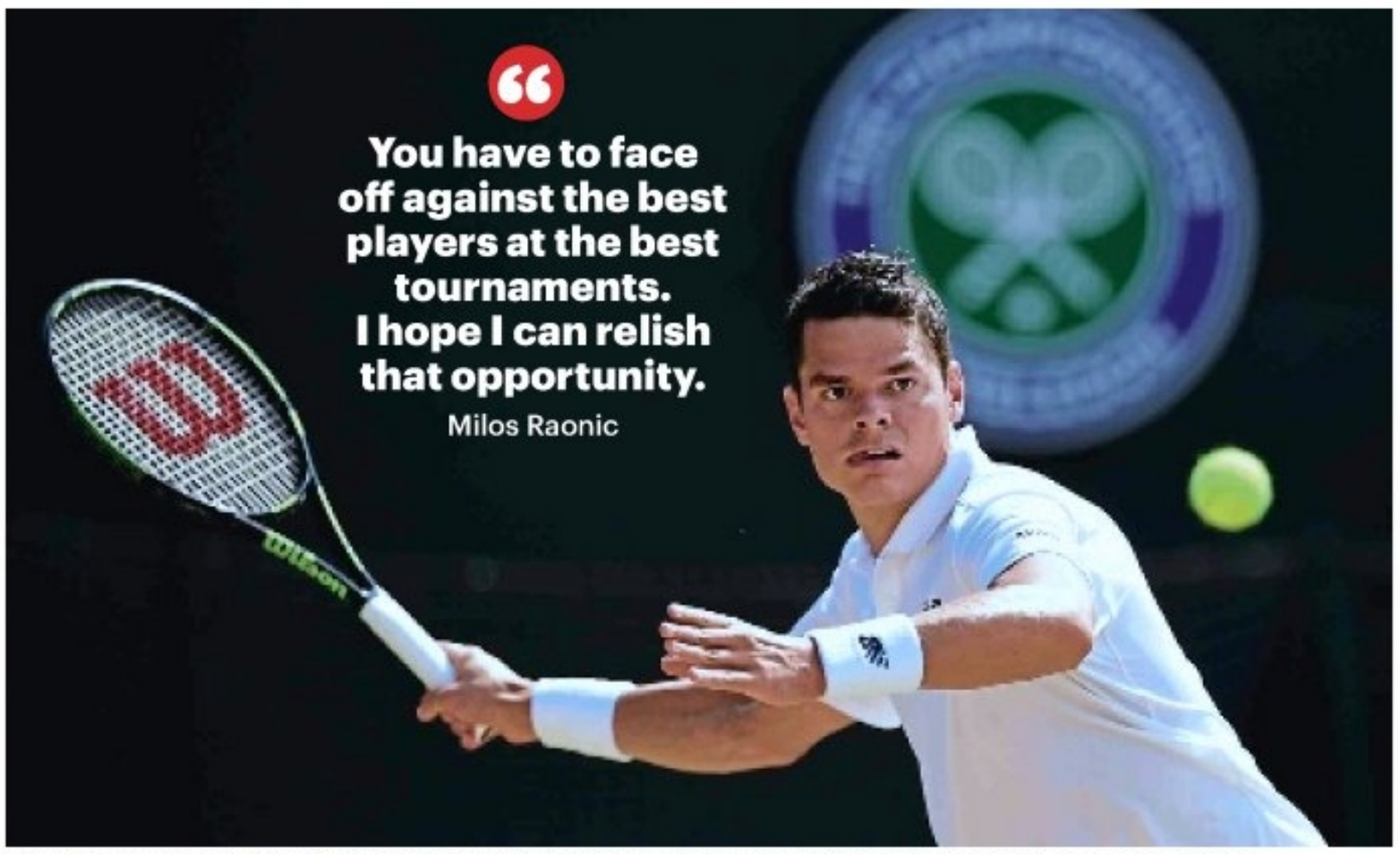
How much the Canadian has improved will be made clear Friday, when Raonic takes on Federer, the seemingly ageless seven-time champion, in the Wimbledon semifinals for the second time in three years.

"I look forward to it a lot," Raonic said. "Two years have passed since I played him here in the semifinals so I'm happy that I have another shot at him.

"I think from every aspect I've improved. I think I know what I need to do on court better, I know how to turn things around to get them on my terms. I know what I'm looking for, I know how to go about it to try to get to that position as much as I can and when things aren't going well I know what things to change."

Raonic, 25, advanced to his third career Grand Slam semifinal, and second of the season, with a clinical 6-4, 7-5, 5-7, 6-4 win over American Sam Querrey on Wednesday on Court 1. The sixth seed from Thornhill, Ont., lost serve only once and registered 13 aces and 58 winners

"Definitely a right step forward," Raonic said. "It's the best match I've played all the way through. Other than a span of three games everything was quite good. I had quite a few looks and I made the most of it."



Milos Raonic defeated Sam Querrey in the men's quarter-finals on Wednesday in London. SHAUN BOTTERILL/GETTY IMAGES

9-2

Federer also holds a 9-2 edge in head-to-head meetings with Raonic.

Querrey, seeded 28th, knocked out No. 1 Novak Djokovic in the third round on Saturday, but came up short in his bid to become the first American to make it to the semifinals of a Grand Slam since Andy Roddick reached the final four at Wimbledon in 2009.

Raonic, who has added John McEnroe to his coaching team this year, had just 16 unforced errors against Querrey, compared to the 44 he had in his fourth-round win over David Goffin.

It remains to be seen whether that will be enough against the third-seeded Federer, who has a knack for playing his best tennis when it matters most. Federer was down two sets to Marin Cilic before rallying for a 6-7 (4), 4-6, 6-3, 7-6 (9), 6-3 win.

Experience alone favours Federer, who is looking for a record eighth Wimbledon title and is in the semifinals at the All England Club for the 11th time, equalling Jimmy Connors' record.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

SOCCER

Ronaldo leads Portugal into final

EURO 2016
SEMIFINALS

Cristiano Ronaldo upstaged Gareth Bale to propel Portugal into its second European Championship final, scoring a thumping header and then setting up Nani's goal in a 2-0 win over Wales on Wednesday.

The goals came in the space of three minutes early in the second half in Lyon, helping end Wales' unlikely run to the semifinals in only its second ever major tournament.

WEDNESDAY In Lyon

2	0

Ronaldo equalled France great Michel Platini's record of nine goals in European Championship football when he timed a prodigious leap to perfection and planted home a header in the 50th minute.

The Real Madrid star then sent in a long-range shot that a sliding Nani diverted into the net from 10 metres.

Ronaldo will get another chance to win his first trophy on the international stage against either France or Germany in Sunday's final at the Stade de France.

"It's what we have dreamt of since the beginning," Ronaldo said. "We knew it would be a long road and we're still in the tournament." THE ASSOCIATED PRESS

Cristiano Ronaldo GETTY IMAGES

BASKETBALL

Canadian men inch closer to Rio

Canada is another step closer to booking a last-minute ticket to Rio after advancing to the semifinals of a FIBA Olympic men's basketball qualifying tournament Wednesday in Manila, Philippines.

The Canadians edged Senegal 58-55 in their last pool game to sweep Group A.

Raptors point guard Cory Joseph led the 26th-ranked Canadians with 13 points while Tyler Ennis of the Milwaukee Bucks had 12. THE CANADIAN PRESS

Canada's Tristan Thompson blocks a shot by Senegal's Cheikh Mbodj.
THE ASSOCIATED PRESS

IN BRIEF

Sens sign D-man Claesson

The Ottawa Senators have signed defenceman Fredrik Claesson on a one-year, two-way contract.

The contract will carry an annual value of $700,000 US in the NHL and $100,000 in the AHL.

The 23-year-old Claesson appeared in 55 games for the AHL's Binghamton Senators last season, scoring three goals and adding seven assists for 10 points while recording 50 penalty minutes.

THE CANADIAN PRESS

COURT

Messi gets 21-month prison sentence

Lionel Messi and his father were sentenced to 21 months in prison for tax fraud by a Barcelona-based court on Wednesday, with both sentences likely to be suspended.

The court found the Barcelona star and his father, Jorge Horacio Messi, each guilty of three counts of defrauding tax authorities of 4.1 million euros ($4.6 million US).

2M

Messi was also fined 2 million euros and his father 1.5 million euros.

In Spain, sentences of less than two years for first offences are usually suspended, meaning neither man would go to jail. That decision, however, rests with the court.

Messi's management company said later on Wednesday that Messi and his father would appeal the sentences. THE ASSOCIATED PRESS

RECIPE Shrimp and Vegetable Spaghetti

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in
Prep time: 20 minutes
Cook time: 30 minutes

Ingredients
- 1 yellow zucchini, sliced
- 2 portobello mushrooms, stems removed, cut crosswise into slices
- 1 red pepper, sliced into quarters
- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- 4 cloves garlic, chopped
- 1 Tbsp fresh chopped oregano
- 1 Tbsp fresh chopped rosemary
- 1 Tbsp butter
- 1 lb thawed peeled deveined shrimp
- 1 box of spaghetti
- 2 large tomatoes, sliced
- 1 container marinated artichoke hearts, plus a drizzle of its oil
- 1 cup feta cheese
- 1 handful fresh chopped basil

Directions

1. Preheat oven to 400 F. Toss the zucchini, mushrooms and red pepper with 2 Tbsp of olive oil, balsamic vinegar, 2 cloves of garlic, oregano and rosemary to coat. Place vegetables on greased pan and roast in oven; turn vegetables once and cook until tender, about 30 minutes. Remove and allow to cool slightly. Slice the vegetables into bite size pieces.

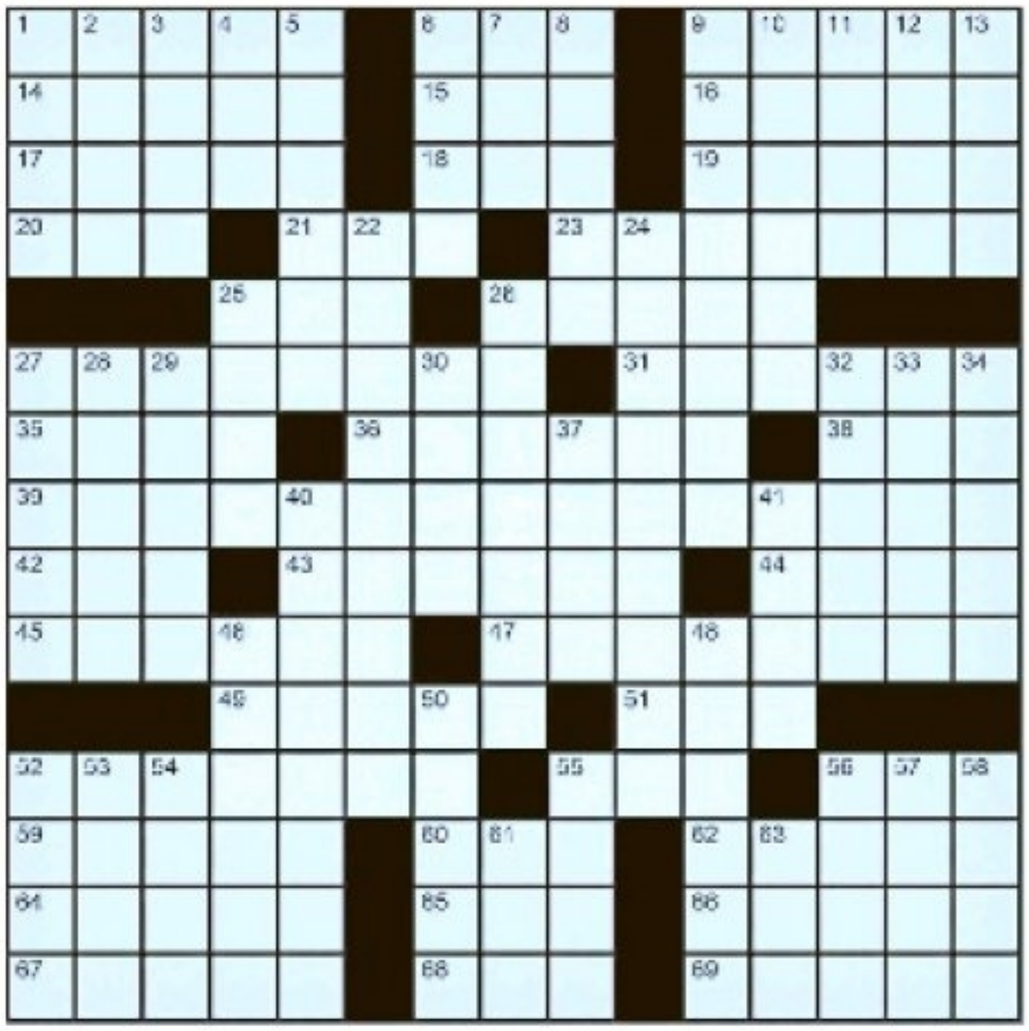
2. In a skillet over medium heat, add butter and two cloves of garlic and cook until aromatic. Add the shrimp and cook until they are pink, about 5 minutes. Remove and set aside.

3. Cook pasta according to package directions. Drain and place in a large bowl. Drizzle the rest of the olive oil into the pasta. Toss in the vegetables, as well as the shrimp and their buttery juices and serve with feta and basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Elizabeth of "Silent House" (2011)
6. _ constrictor
9. Michelangelo sculpture
14. Dance style, variantly
15. Hole-punching tool
16. Pertaining to sheep
17. Night-on-the-town venues
18. "The Fresh Prince of _-Air"
19. Honeydew _
20. June, Jul., _....
21. Caribbean music
23. Lofty/outstanding
25. ___ Systems (UK defence contractor)
26. Connecting/securing
27. Possible helpful way out, as of a problem
31. Ms. Miller of "Factory Girl" (2006)
35. Much: 2 wds.
36. Commercial area of Venice
38. Alley-_ (Basketball play)
39. Prince Charles' hereditary revenue-reaping-realm, established in 1337: 3 wds.
42. _ _ Z
43. Between 90 and 180 degrees, as per angles
44. Embellish
45. Save
47. Pick a Bosc from one: 2 wds.
49. Rich tapestry
51. NFL positions, e.g.
52. Seeks assistance: 2 wds.
55. Seer's skill, short-style
56. What person?
59. Skirt style
60. Critical
62. Egg-shaped
64. Donut or muffin alternative
65. Toronto's Danforth, e.g.
66. Enthusiastically exalted
67. Wolf down the food
68. "That's correct."
69. Salon lock

DOWN
1. Sea wolf
2. Humdinger
3. Super-pleased with oneself
4. Shrink
5. Bahamas capital
6. _ Wawa (Vintage SNL character)
7. Must money-up
8. Between-buildings spot
9. What Canada Day used to be called, _ Day
10. Get even/retaliate
11. Foul
12. Get _ _ the ground floor
13. Car fender damage
22. Town in western Saskatchewan with a built-in-1914 water tower (that resembles a lighthouse) that can be seen from miles away
24. Is cruel to
25. The two of them
26. Posh pieces of porcelain, perhaps
27. "_ Love" by Golden Earring
28. Rinse with a solvent
29. Fashion: Ms. Chanel's
30. Use a sieve
32. Lacking in oxygen means there's what practically?: 2 wds.
33. _ prosequi (Not proceeding, in law)
34. Black Eyed Peas member, _._.ap
37. Misplace
40. "Keep _ Alive" by Queen
41. Kilograms, e.g.
46. Mason Jars user, often
48. Official study
50. Hunky-dory
52. Pop can openings
53. _ Bator (Capital of Mongolia)
54. Capital of Latvia
55. "For Your _ Only" (1981)
56. Used a loom
57. "Get movin'!" commands
58. "Eat My Brain" Canadian band, The _
61. Hit album of 2002: '_-Olution'
63. Sort, shortly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something unexpected might occur at home today that shakes up your world. As a result, arguments with authority figures might occur. Pull in your reins and be diplomatic with everyone.

Taurus April 21 - May 21
Your routine will be interrupted today, definitely. Give yourself extra time for wiggle room. If not, you might bark at someone because you are frustrated.

Gemini May 22 - June 21
Keep an eye on your finances and cash flow today, because something unexpected will affect them. Avoid disputes about shared property, money and debt.

Cancer June 22 - July 23
This is a tricky day! Because something catches you off guard, you might be so frazzled that you end up having an argument with a friend or a partner. Chill out.

Leo July 24 - Aug. 23
Something going on behind the scenes is unpredictable today. Feelings of uncertainty could make you impatient with others. Stay frosty.

Virgo Aug. 24 - Sept. 23
Because someone might say or do something unusual, this could lead to a dispute, especially with a member of a group. For your own good, count to three before you respond.

Libra Sept. 24 - Oct. 23
Even though you're unhappy with a decision made by someone, avoid arguments with bosses, parents, teachers, VIPs and the police today. You will lose more ground than you gain.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because they will become embroiled. Meanwhile, travel plans will be canceled or changed. Crazy day!

Sagittarius Nov. 23 - Dec. 21
Double-check your bank account, because something unexpected might be going on. Quarrels about shared property and debt might occur.

Capricorn Dec. 22 - Jan. 20
This is a dicey day to deal with partners and close friends. Even if you practice patience, you might encounter conflicts with others.

Aquarius Jan. 21 - Feb. 19
Power struggles might arise with a coworker today. This could be due to equipment breakdowns, canceled meetings or something unexpected. Don't lose your cool. Be part of the solution, not the problem.

Pisces
Feb. 20 - March 20
Parents will have to be patient with their kids today. Likewise, romantic partners need to be patient with each other, because today is full of intense energy!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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2				7				
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	5	7				3	9	
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			6				8	

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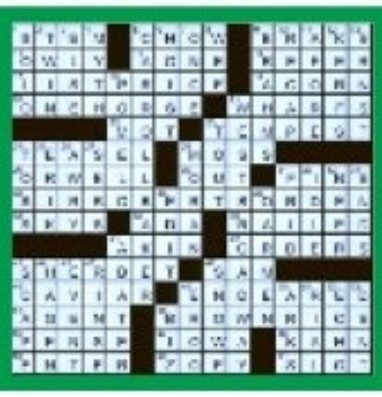
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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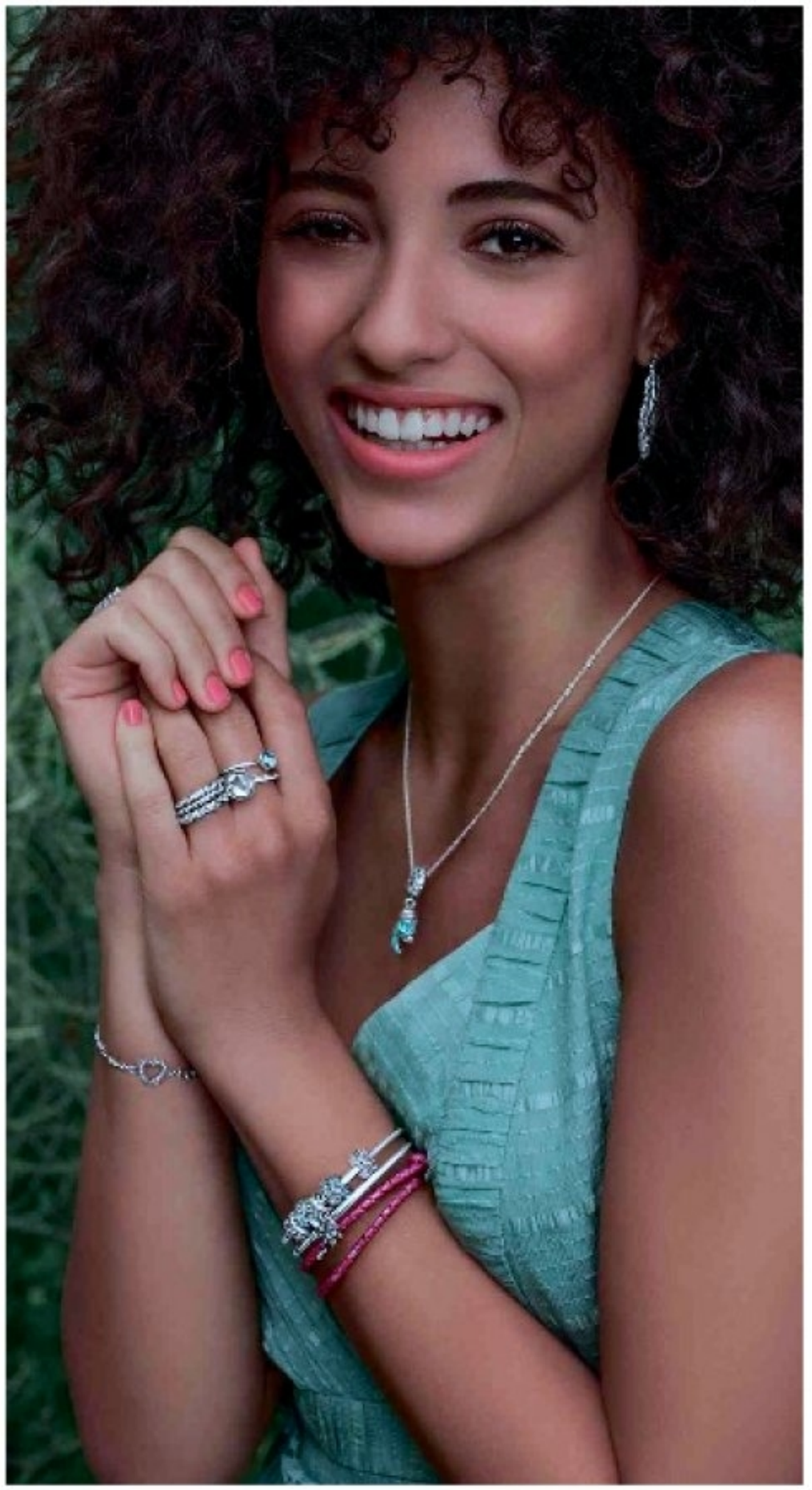
JULY 7–17

FREE RING*

WITH PURCHASE OF ANY TWO PANDORA RINGS

(FREE RING MUST BE OF EQUAL OR LESSER VALUE)



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